

APPENDIX A

Requirements for the FHWA Diabetes Waiver Program

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A. EXPERIENCE

1. Driver must now possess a valid “intrastate” commercial drivers license (CDL) or have possessed a license (non-CDL) to operate a commercial motor vehicle (CMV) after April 1, 1990;
2. Driver must have operated a CMV, with a diabetic condition controlled by the use of insulin, for the three-year period immediately preceding:
 - the date of application, if driver is currently licensed to drive a CMV; or
 - the date (after April 1, 1990) driver last held a valid license to drive a CMV.

B. SAFETY RECORD

1. Driving record for the three-year period must contain no:
 - Suspensions or revocations or driver’s license for operation of **any** motor vehicle, including personal vehicles (does not include suspensions or revocations due to non-payment of fines);
 - Involvement in a reportable accident for which a citation for a moving violation was issued while operating a CMV;
 - Convictions for a disqualifying offense (driving under the influence of alcohol or a controlled substance, leaving the scene of an accident, committing a felony involving the use of a CMV) or more than one serious traffic violation (excessive speeding, reckless driving, improper or erratic lane changes, following the vehicle ahead too closely, or a violation arising in connection with a fatality) while driving a CMV;

- More than two convictions for any other moving traffic violations in a CMV.

C. MEDICAL REQUIREMENTS

1. Provide a board-certified or board-eligible endocrinologist with a complete medical history (including, but not limited to, the date insulin use began, all hospitalization reports, consultation notes for diagnostic examinations, special studies pertaining to the diabetes, and follow-up reports) and reports of any hypoglycemic insulin reactions within the last three years;
2. Be examined by a board-certified or board-eligible endocrinologist who has conducted a complete medical examination after July 29, 1993. The complete medical examination must include a comprehensive evaluation of the applicant's medical history and current status, including a review of:
 - Fasting blood studies (glucose, glycosylated hemoglobin/HbA1c, including lab reference range) and urinalysis performed during the last six months; and
 - Insulin dosages and types, diet utilized for control and any significant factors such as smoking, alcohol use, and other medications or drugs taken;
3. Submit a signed statement prepared by the examining endocrinologist whose status (board-certified or board-eligible) is indicated. The signed statement must include separate declarations indicating the following determinations:
 - The endocrinologist is familiar with the applicant's medical history for the past three years either through actual treatment over that time or through consultation with a physician who has treated the applicant during that time;
 - The applicant has been using insulin to control his/her diabetes from the date of the application back to the date the three years

- of driving experience began;
 - The applicant does not have severe hypoglycemia (i.e., episodes of altered consciousness requiring the assistance of another person to regain control);
 - The applicant does not have hypoglycemia unawareness (i.e., the inability to recognize the early symptoms of hypoglycemia);
 - Within the past three years, the applicant has not had a hypoglycemic reaction, at any time, that resulted in any change in mental status that would have been, in the endocrinologist's opinion, detrimental to safe driving;
 - The applicant's diabetic condition will not adversely affect his/her ability to operate a CMV;
 - The applicant has been educated in diabetes and its management, thoroughly informed of and understands the procedures which must be followed to monitor and manage his/her diabetes and what procedures should be followed if complications arise; and
 - The applicant has the ability and has demonstrated willingness to properly monitor and manage his/her diabetes;
4. Submit a separate, signed statement from an examining ophthalmologist that the applicant has been examined after July 29, 1993, and that the applicant does not have unstable proliferative diabetic retinopathy and has stable visual acuity (at least 20/40 [Snellen] in each eye separately), with or without corrective lenses.

Once accepted into the Diabetes Waiver Program, drivers had to meet certain requirements. These requirements are listed below.

1. Carry, use, and record, in a log, the readings from a portable self-monitoring blood glucose device (SMBG) that is equipped with a computerized memory. Blood glucose monitoring must be performed one hour prior to and approximately every four hours while on duty as defined in 49 CFR 395.2. Paper tapes generated by SMBGs having a printing capability may be used in lieu of a log prepared by the waived driver. Make logs available to any authorized enforcement official upon request;
2. Carry upon your person and use, as necessary, a source or rapidly absorbable glucose;
3. Carry insulin and the equipment/materials necessary for administering the medication;
4. Report, in writing, and citation for a moving violation involving the operation of a CMV within 15 days following the issuance;
5. Report, in writing, the judicial/administrative disposition of such charge within 15 days following notice of disposition;
6. Report, in writing, any accident involvement whatsoever while operating a CMV within 15 days following the accident.;
7. Report, in writing, any change of residence, address, or telephone number to the Diabetes Waiver Program no later than 15 days after such change;
8. Report, in writing, any change in employer, including name, address, and telephone number to the Diabetes Waiver Program no later than 15 days after such a change;
9. Submit and medical information derived from medical assistance or treatment arising from any accident involvement to the Diabetes Waiver Program no later than 15 days following the accident. A copy

of the attending medical specialist's and laboratory reports will meet the reporting requirement;

10. Submit log records of your blood glucose values for the 24-hour period immediately prior to any accident involvement to the Diabetes Waiver Program no later than 15 days following the accident;
11. Submit a signed statement from the board-certified or board-eligible endocrinologist, who conducted the initial medical evaluation to the Diabetes Waiver Program, no later than 15 days before each 6-month anniversary of the waiver issuance date, that you have been examined and your diabetic condition is currently stable and under control. This semi-annual examination must be conducted within the 6-week period immediately preceding each 6-month anniversary of the waiver issuance date. You must take your log records of your blood glucose available to the endocrinologist at the time of the required examination;
12. Waivered drivers who use a medical specialist other than the specialist who conducted the initial medical evaluation must be re-examined by an endocrinologist, using the criteria and procedures established for the pre-qualification examination, and submit a signed statement from that board-certified or board eligible endocrinologist;
13. Submit a signed statement from an ophthalmologist no later than 15 days before each anniversary of the waiver issuance date, that you have been examined and that you do not have unstable proliferative diabetic retinopathy, and that you continue to have stable visual acuity (at least 20/40 [Snellen], in each eye, corrected or uncorrected). This annual examination must be conducted within the 6-week period immediately preceding the anniversary of the waiver issuance date;
14. Report by the 15th calendar day of each month:
 - The number of miles driving a CMV during the preceding month;

- The number of daylight hours and the number of nighttime hours driving a CMV during the preceding month; and
- The number of days the driver did not operate a CMV during the preceding month.